

# Senior Citizens' Roundtable News

Published by Greene County Department of Human Services since 1976

December 2015



## **PLEASE NOTE:**

Greene County Department of Human Services  
Office & all Nutrition Sites  
will be closed on:  
Friday, December 25 - Christmas holiday

*The entire staff at Greene County Department of Human Services  
wish all of our readers a very Happy Hanukkah or Merry Christmas  
and the best of everything in the New Year.*

## **A MESSAGE FROM THE EXECUTIVE DIRECTOR** **GREENE COUNTY DEPARTMENT OF HUMAN SERVICES**

As we enter the winter season, we are asking for the help and cooperation of the people we serve, especially those who receive home delivered meals and/or use our transportation.

During snow or ice storms, it may be necessary for us to close our senior service centers resulting in cancelling the congregate center meals and home-delivered meals because of hazardous driving conditions. When we close the centers, we also cancel our transportation services for the day, which covers the vans to the centers, the Hamlet Bus, and medical transportation.

When the centers are closed, we announce it on TV channels 6, 10, and 13, and on radio stations WHUC 1230 AM, WGY 810 AM, WCZR 93.5 FM, WCTW 98.5 FM, and WRIP 97.9 FM. Please note, if the centers are closed then transportation is also cancelled.

Our volunteers are the cornerstone of our services, especially for home delivered meals and medical transportation. Most of these volunteers are senior citizens themselves and use their own vehicles. We keep this in mind when the roads are bad or there has been a heavy snowfall the night before. We will close the service for the day before we put any volunteers or staff in danger.

We must also consider the danger of asking someone to deliver a meal to a home when the driveway or sidewalk is not cleared and/or passable. If the volunteer cannot safely get to the home, we will not deliver the meal.

We hope you understand that we want to provide our clients with the services they need, but we cannot endanger the safety of our volunteers and our staff in the process. We thank you for your assistance and your cooperation.

Terry McGee Ward, Executive Director



Senior Angels Program  
Spreading Cheer 365 Days a Year  
Sponsored by  
Greene County Department  
of Human Services



***Greene County Department of Human Services  
announces the kickoff of the 2015 Senior Angel Program  
and would like to invite you to become a Senior Angel***

*The department has elderly, limited-income clients who could use a special gift during the holiday season. These gifts lift their spirits and fulfill a need. Monetary donations will be placed in the department's Senior Angel Fund and be used to purchase a gift for needy senior citizens.*

*Some of the ways we use the funds:*

*Purchase clothing and household necessities*

*Purchase small appliances or amplified phones*

*Purchase other items that will enable seniors to live with dignity and independence*

*Monetary supplement to help with rising energy costs, when all other sources have been expended*

*Gifts for Elderly clients in Nursing Homes*

*Year round, funds are used to provide one-time, emergency assistance to senior citizens when all other funds have been exhausted and there is no other source to help.*

***Donations may be dropped off or mailed to:  
Greene County Department of Human Services  
411 Main Street, Catskill, NY 12414***

***For more information, please call  
Greene County Department of Human Services  
719-3555 or toll-free (877) 794-9266***

If you have any questions or suggestions to help make this year's Senior Angel Program a huge success, please contact at (518) 719-3555, one of the following:

Andrea Benjamin-Legg

Ken Brooks

Rose Bundy

MJ Pomilla

Tezera Pulice

## SENIOR ANGEL 2015 - "THANK YOU!"

Susan & Kevin Holdridge have a clever way to donate to a worthy cause by putting away a dollar each day in the year. This year Susan found one of our Senior Angel flyers and couldn't think of a better charity to donate the money saved. Thank you so very much to Mr. & Mrs. Holdridge. Seen in photo below are Senior Angel Chairman Ken Brooks accepting Susan's donation.



**SWEET THANKS:** The Senior Angel Committee would also like to thank all who donated baked goods for their recent Bake Sale. A big Thank You goes out to all who bought some of the delicious homemade treats, resulting in a very successful amount of \$553.00 being raised that day.



## 2015 SENIOR ANGEL CALENDAR OF EVENTS

### Athens Victorian Stroll:

Rivertown Senior Center, Athens  
Saturday December 12  
1:00 p.m. - 4:30 p.m.  
Coffee & Hot Chocolate Table  
Rivertown Senior Center

### Gift Wrapping:

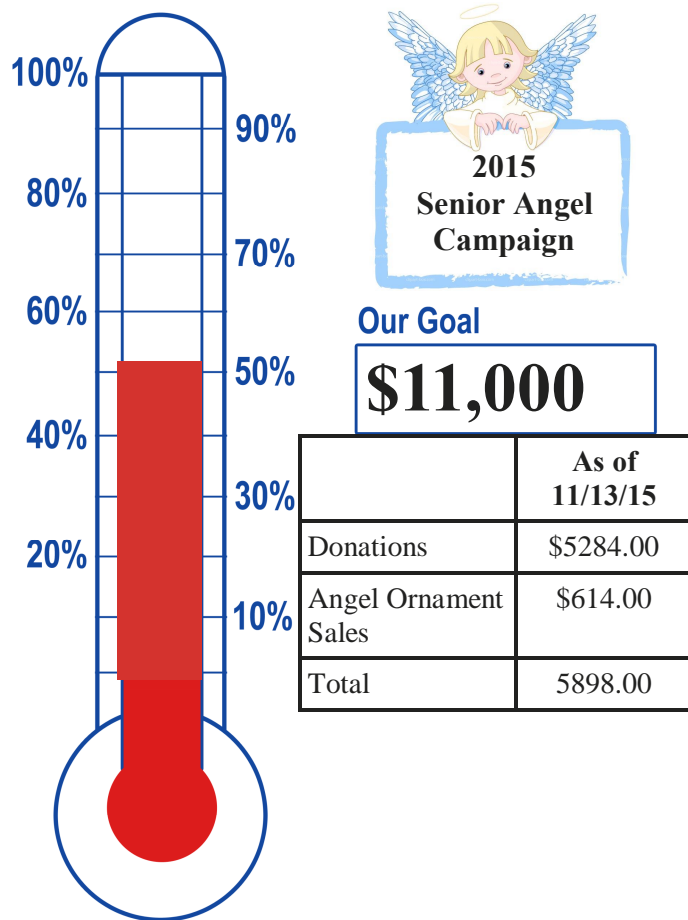
Tuesday, December 8th - Thursday, December 10th  
10:00 a.m. - 12:00 p.m.

Senior Angels will come together for light refreshments while wrapping & addressing all the gifts for the seniors.

### Gift Delivery:

Friday December 18  
Will be loading up the bus to deliver gifts to the Seniors in the local Nursing Homes & assisted living locations.

*If anyone would like to volunteer at any of the events, please contact Ken Brooks at 719-3555 or [kenbrooks@discovergreene.com](mailto:kenbrooks@discovergreene.com)*



## Hunter Mountain Ski Package Raffle

*All proceeds to benefit  
Greene County Senior Angels Program*

2 ó One Day Adult Lift Tickets  
(Good anytime including weekends & holidays through 3/31/16)  
4 ó Any 2 hour Tubing Sessions  
(Good anytime including weekends and holidays through 3/20/16)

(Retail Value \$236.00)

Ticket price: \$2.00 each - 3 for \$5.00  
Arm's Length for \$10.00

Tickets available at:

- Greene County Department of Human Services
- Rivertown Senior Center: December 12 (Athens Victorian Stroll)

Drawing: Wednesday, December 16, 2015, 3:00 PM

This raffle was made possible through a generous donation by Hunter Mountain





## **HAMLET SHOPPING BUS**

The Greene County Department of Human Services offers a hamlet shopping bus to Greene County residents age 60 and older, living in the towns of Ashland, Athens, Cairo, Catskill, Coxsackie, Greenville, Hunter, Jewett, Prattsville and Windham. Seniors are picked up at their door, driven to Catskill for shopping, and then have lunch at a local Senior Center before returning home. Special trips on a periodic basis.

**MONDAY:** Mountaintop/Catskill  
(Windham, Ashland, Prattsville, Jewett & Hunter)

**TUESDAY:** Cairo/Catskill

**WEDNESDAY:** Athens/Coxsackie

**THURSDAY:** Cairo/Greenville

### **FRIDAY TRIPS TO COLONIE CENTER** **(PRICE PER PERSON: \$10.00)**

*Payment due at time of departure/boarding.*

*No exceptions please.*

*Reservations must be made no later than 3pm  
of the Wednesday before trip.*



**December 4**                      **Cairo/Greenville**

**December 18**                **Athens/Coxsackie**

**Residents on the Mountaintop run (Monday)**  
**can sign-up for any of the above trips.**

**For further information or to make a reservation,  
call Janet at 719-3559**



***HAMLET BUS SPECIAL:***  
***CAPITAL HOLIDAY LIGHTS***  
*(For Greene County residents age 60 and older)*



**THURSDAY DECEMBER 3**  
**(CAIRO, ACRA, GREENVILLE & MOUNTAIN TOP)**

**THURSDAY DECEMBER 10**  
**(CATSKILL, ATHENS & COXSACKIE)**

**COST \$12.00 PER PERSON (INCLUDES ADMISSION)**  
**PAYMENT DUE AT TIME OF BOARDING**

**RESERVATIONS DEADLINE - 3PM TUESDAY PRIOR TO TRIP**

**ESTIMATED DEPARTURE TIME**  
**FROM GREENE COUNTY WILL BE 5:00 P.M.**

**JANET, THE BUS DRIVER, WILL SCHEDULE PICK-UP TIME**

**FOR FURTHER INFORMATION OR TO RESERVE A SEAT,**  
**CALL 719-3559**

# GREENE COUNTY SENIOR CITIZENS CLUBS

## ATHENS:

### ***ATHENS SR. CITIZENS***

2nd & 4th monthly Monday

1:15 p.m.

Rivertown Senior Center

## CAIRO:

### ***CAIRO GOLDEN AGERS***

2nd & 4th monthly Wednesday

1:30 p.m.

Acra Community Center

## CATSKILL

### ***CATSKILL SILVER LINING SENIORS***

2nd monthly Thursday

1 p.m.

Washington Irving Center

## COXSACKIE:

### ***BETHANY VILLAGE TENANTS***

3rd monthly Wednesday

1:15 p.m.

Van Heest Hall

### ***COXSACKIE AREA SENIORS***

2nd & 4th monthly Wednesday

1:15 p.m.

Van Heest Hall, Bethany Village

### ***SENIOR CITIZENS of COXSACKIE***

1st & 3rd monthly Monday

1:30 p.m.

Coxsackie Senior Center

## GREENVILLE:

### ***GREENVILLE GOLDEN YEARS***

1st monthly Wednesday

1:30 p.m.

American Legion Hall

## MOUNTAIN-TOP:

### ***MTN. TOP GOLDEN AGERS***

4th monthly Thursday

1:30p.m.

Tannersville Village Hall

### ***W-A-J-P-L GOLDEN AGERS***

1st & 3rd monthly Monday

1:30 p.m.

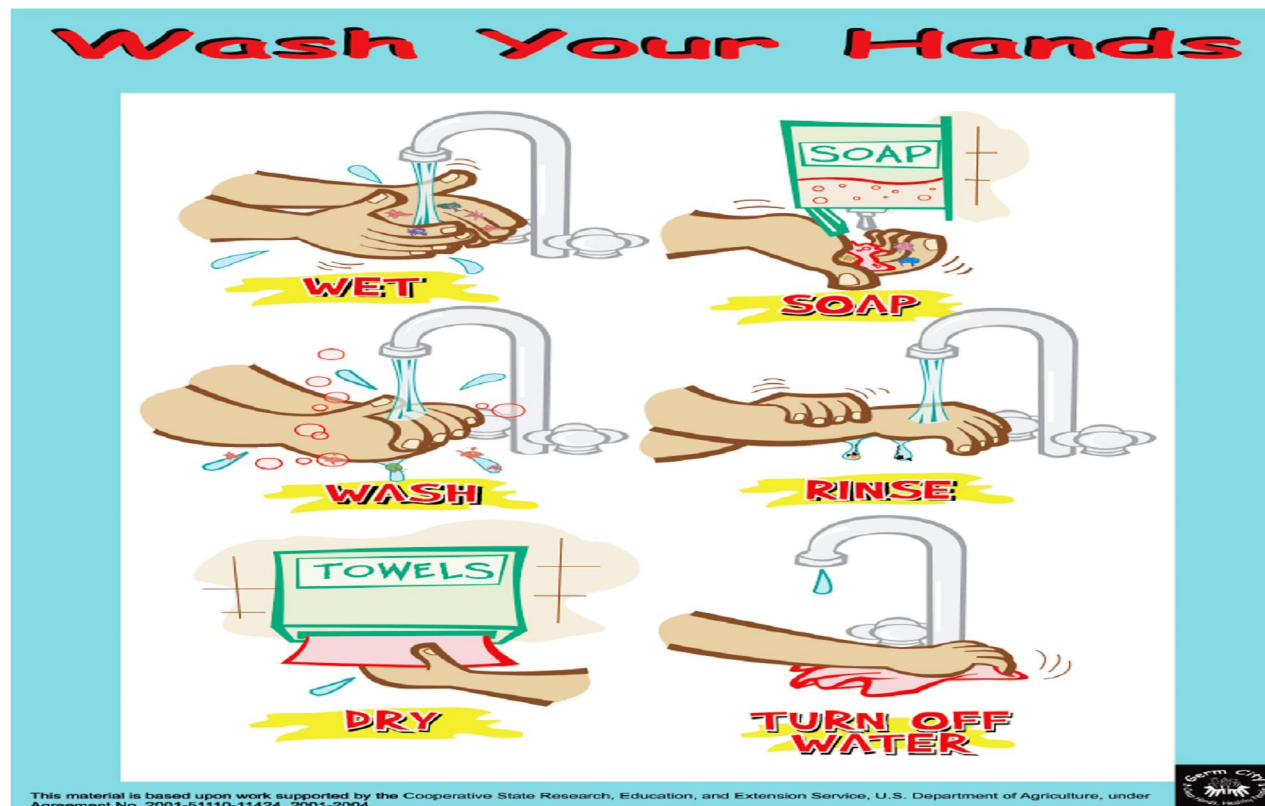
Hensonville Town Bldg.



*Calling All Seniors!*

## PROPER HANDWASHING PREVENTS THE SPREAD OF GERMS

Keeping hands clean is one of the most important things you can do to prevent food borne illness, and other infections. Washing hands and surfaces often and properly helps kill harmful bacteria. Just follow this chart for helpful tips.



## HOLIDAY VEGETABLES

This holiday season, be different by adding more vegetables to your meals. This will help lower your total calorie intake, add color and flavor to meals and helps you feel full faster on fewer calories.



Add green to your dishes and meals with sliced kale, spinach and other greens. They go especially well in pasta, soups, mashed potatoes and vegetable side dishes.

Add red cranberries and red bell peppers to salads and veggie side dishes.



Add grated carrots to salads.

Roast asparagus in the toaster oven quickly.



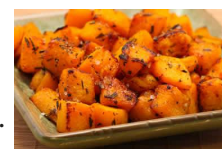
Prepare a beautiful entrée salad to be the table centerpiece.

Use frozen vegetables to make a colorful medley.



Jazz up frozen corn with colored bits of peppers.

Bake winter squash in the oven along with the turkey.



Offer a selection of root veggies like turnips, rutabagas and carrots.  
Cook and serve fresh beets to add color and variety to the holiday table.

It might even be fun to have everyone bring their favorite holiday vegetable dishes and share!

## SENIOR SERVICE CENTERS in GREENE COUNTY

Each site serves the noon-time menu item for the day, Monday - Friday, for a suggested donation of \$4.00. All meals include: Meat/Alternative Entrée, Vegetables & Fruit, Bread, Milk & Dessert. We ask that you call at least one day ahead, if you wish to be included in the lunch count. Centers are closed on legal holidays and inclement weather. In addition, each center offers the following programs and activities:

### CALL YOUR LOCAL SENIOR CENTER FOR ACTIVITY INFORMATION

#### ACRA

Acra Community Center,

Old Rte. 23B, Acra  
(518) 622-9898

Sandra Sherman  
Meal Site Manager

Elaine Cherrington

Aging Information  
& Assistance  
Medicare Minute:

2nd monthly Wednesday  
11:00 a.m.

#### COXSACKIE

Town of Coxsackie  
Senior Center  
Mansion Street, Coxsackie  
(518) 731-8901

Renee Raffiani  
Meal Site Manager

Aging Information  
& Assistance  
Medicare Minute:

3rd monthly Monday  
11:00 a.m.

#### JEWETT

Jewett Municipal Building

Route 23C, Jewett  
(518) 263-4392

Gayle Ruvolo  
Meal Site Manager

MaryAnn Brink

Aging Information  
& Assistance  
Medicare Minute:

4th monthly Friday  
11:00 a.m.

#### ATHENS

Rivertown Senior Center  
39 Second Street, Athens  
(518) 945-2700

JoanAnn Rouse     Shane Dillon  
John Lawrence     Lana Marrone

Aging Information & Assistance  
Medicare Minute:

2nd monthly Monday, 11:00 a.m.

#### CATSKILL

Washington Irving Senior Center  
15 Academy Street, Catskill  
(518) 943-1343

Gethen Proper, Meal Site Manager

Martha Schilling

Aging Information & Assistance  
Medicare Minute:

2nd monthly Thursday, 11:00 a.m.



# GREENE COUNTY SENIOR NUTRITION PROGRAM

All Persons 60 and older are invited to attend - Suggested donation \$4.00

Served Daily: Whole Grain Bread unless otherwise noted w/Promise Spread; 1% Milk; Coffee or Tea

Tartar Sauce served on fish days

Reservations are required at least one day in advance by calling the appropriate center

	Monday	Tuesday	Wednesday	Thursday	Friday
DEC. 1 - 4		PORK CHOPS w/Gravy FRESH SWEET POTATO GREEN BEANS STUFFING CRANBERRY JUICE BUTTERSCOTCH PUDDING (Diet Dessert Subst.)	CHICKEN QUARTERS w/Gravy WHIPPED POTATOES CALIFORNIA MIXED VEGETABLES APPLE CRISP (Diet Dessert Subst.)	HUNGARIAN GOULASH over Noodles WHOLE BABY CARROTS AMBROSIA (Diet Dessert Subst.)	STUFFED PEPPER over Rice CORN ROMAINE SALAD FRESH SEASONAL FRUIT
DEC. 7 - 11	BROCCOLI CHEESE FISH FILLET RICE PILAF CALIFORNIA BLEND VEGETABLES CRANBERRY JUICE FRUIT COCKTAIL	CHICKEN & BISCUIT WHIPPED POTATOES BROCCOLI V-8 JUICE CHOCOLATE MOUSSE (Diet Dessert Subst)	MEATLOAF w/Gravy MASHED POTATOES SPINACH BROWNIE (Diet Dessert Subst)	ROAST PORK w/Gravy OVEN BROWNED POTATOES WINTER SQUASH RYE BREAD ICE CREAM SUNDAES (In Center Only) HDM: JELL-O w/ Whipped Topping (Diet Dessert Subst)	SPAGHETTI w/Meat Sauce ITALIAN MIXED VEGETABLES TOSSED SALAD DINNER ROLL FRESH APPLE
DEC. 14 - 18	BAKED ZITI SPINACH PINEAPPLE CHUNKS	BAKED HAM w/Pineapple Sauce (Low-Salt Diet Subst) FRESH SWEET POTATOES BRUSSELS SPROUTS RYE BREAD MANDARIN ORANGES	SHEPHERD'S PIE BROCCOLI SPICE CAKE (Diet Dessert Subst)	ROAST BEEF w/Gravy MASHED POTATOES GLAZED WHOLE BABY CARROTS APPLE PIE (Diet Dessert Subst)	CHICKEN & RICE CASSEROLE ITALIAN MIXED VEGETABLES TOSSED SALAD FRUIT SEASONAL FRUIT
DEC. 21 - 25	LEMON PEPPER FISH RICE PILAF TUSCAN VEGETABLES MANDARIN ORANGES	MACARONI & CHEESE STEWED TOMATOES 3 BEAN SALAD CRANBERRY JUICE APRICOTS	MEATLOAF BAKED POTATO SPINACH BIRTHDAY CAKE (Diet Dessert Subst)	BBQ CHICKEN ROSEMARY OVEN BROWNED RED POTATOES BROCCOLI V-8 JUICE SUGAR COOKIES	  DEPARTMENT & ALL NUTRITION SITES CLOSED NO HOME DELIVERED MEALS
DEC. 28 - 31	KNOCKWURST SAUERKRAUT CARROTS TROPICAL FRUIT	CHICKEN DIJON MASHED POTATOES CALIFORNIA BLEND VEGETABLES CINNAMON APPLESAUCE	PORK CHOPS w/Gravy SCALLOPED POTATOES ORIENTAL VEGETABLES BREAD PUDDING (Diet Dessert Subst)	BAKED ZITI SPINACH TOSSED SALAD NEW YEARS FRUIT CUPS	




# GREENE COUNTY SENIOR NUTRITION PROGRAM

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Tartar Sauce served on fish days

Reservations are required at least one day in advance by calling the appropriate center

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HAPPY NEW YEAR 2016</p> <p>JAN. 1</p>					<p>MAIN OFFICE CLOSED</p> <p>ALL SENIOR SERVICE CENTERS CLOSED</p> <p>NO MEALS SERVED OR DELIVERED</p> 
JAN 4 - 8	<p>CHICKEN CACCIATORE w/Linguine</p> <p>OLD FASHIONED MIXED VEGETABLES</p> <p>MANDARIN ORANGES</p>	<p>BAKED HAM w/Raisin Sauce (<i>Low Sodium Diet Subst</i>)</p> <p>SWEET POTATOES CAULIFLOWER au Gratin</p> <p>RYE BREAD</p> <p>PINEAPPLE DELIGHT (<i>Diet Dessert Subst</i>)</p>	<p>LEMON PEPPER FISH FILLET</p> <p>RICE PILAF</p> <p>CALIFORNIA BLEND VEGETABLES</p> <p>CRANBERRY JUICE</p> <p>OATMEAL RAISIN COOKIE (<i>Diet Dessert Subst</i>)</p>	<p>CHICKEN QTRS w/Gravy</p> <p>WHIPPED POTATOES</p> <p>SPINACH</p> <p>RICE PUDDING w/Cinnamon (<i>Diet Dessert Subst</i>)</p>	<p>ROAST BEEF w/Gravy</p> <p>OVEN BROWNED POTATOES</p> <p>ORANGE GLAZED CARROTS</p> <p>DINNER ROLL</p> <p>FRESH SEASONAL FRUIT</p>
JAN 11 - 15	<p>CHICKEN DIVAN w/Rice</p> <p>CARROTS &amp; PEAS</p> <p>TROPICAL FRUIT</p>	<p>PORK CHOP w/Gravy</p> <p>RED CABBAGE</p> <p>OVEN BROWNED POTATOES</p> <p>WINTER SQUASH</p> <p>RYE BREAD</p> <p>CINNAMON</p> <p>APPLESAUCE</p>	<p>BEEF STEW</p> <p>GREEN BEANS</p> <p>ORANGE JUICE</p> <p>BIRTHDAY CAKE (<i>Diet Dessert Subst</i>)</p>	<p>ROAST TURKEY w/Gravy &amp; Cranberry Sauce</p> <p>STUFFING</p> <p>WHIPPED POTATOES</p> <p>OLD FASHIONED MIXED VEGETABLES</p> <p>PUMPKIN PUDDING (<i>Diet Dessert Subst</i>)</p>	<p>CHEF'S CHOICE</p> <p>TOSSED SALAD</p> <p>DINNER ROLL</p> <p>FRESH SEASONAL FRUIT</p>
<p>JAN 18 - 22</p> 	<p>MARTIN LUTHER KING JR HOLIDAY</p> <p>MAIN OFFICE CLOSED</p> <p>ALL SENIOR CENTERS CLOSED</p> <p>NO MEALS SERVED OR DELIVERED</p>	<p>CHICKEN CHOW MEIN over Rice</p> <p>ORIENTAL MIXED VEGETABLES</p> <p>PEACHES</p>	<p>VEAL PARMESAN over Linguine</p> <p>SPINACH</p> <p>BROWNIE (<i>Diet Dessert Subst</i>)</p>	<p>LEMON PEPPER FISH FILLET</p> <p>SCALLOPED POTATOES</p> <p>BROCCOLI</p> <p>APRICOTS</p>	<p>POT ROAST w/Gravy</p> <p>OVEN BROWNED POTATOES</p> <p>CALIFORNIA MIXED VEGETABLES</p> <p>DINNER ROLL</p> <p>FRESH SEASONAL FRUIT</p>
JAN 25 - 29	<p>TURKEY BURGERS w/Peppers &amp; Onions</p> <p>SCALLOPED POTATOES</p> <p>OLD FASHIONED MIXED VEGETABLES</p> <p>TROPICAL FRUIT</p>	<p>PORK CHOP W/Gravy</p> <p>FRESH SWEET POTATO</p> <p>STUFFING</p> <p>GREEN BEANS</p> <p>CRANBERRY JUICE</p> <p>BUTTERSCOTCH PUDDING (<i>Diet Dessert Subst.</i>)</p>	<p>CHICKEN QUARTERS w/Gravy</p> <p>WHIPPED POTATOES</p> <p>CALIFORNIA MIXED VEGETABLES</p> <p>APPLE CRISP (<i>Diet Dessert Subst.</i>)</p>	<p>HUNGARIAN GOULASH over Noodles</p> <p>WHOLE BABY CARROTS</p> <p>AMBROSIA (<i>Diet Dessert Subst.</i>)</p>	<p>STUFFED PEPPER over Rice</p> <p>CORN</p> <p>ROMAINE SALAD</p> <p>FRESH SEASONAL FRUIT</p>

# Nutrition Notes

## HOLIDAY PLANNER

*By Barbara Hart, MS, RD*

Holiday times are here! This means a lot more activity and disruption to regular meal and exercise patterns. The good news is you can plan ahead to avoid waist expansion.

### MyPlate Snack Plan:

Now is a perfect time to brush up on a few convenient snacks and appetizers to fill hunger gaps, provide important nutrients, and keep you on track during holiday craziness. It is easy for extra calories to creep in when we get too hungry and choose the wrong type or quantity of food. Healthful snack choices CAN keep us on track. All you need is a plan – a plan to have healthful food with you.

By bringing snacks along with you, or in the glove compartment, YOU control when and what you eat. Use MyPlate to help you pick tasty foods from a variety of food groups:

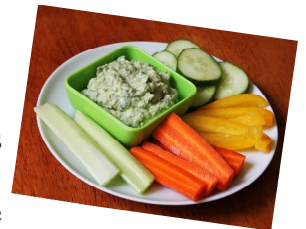


- Half cup trail mix made up of nuts, dried raisins, whole grain cereal or chopped apple.
- A cupful of your favorite ready-to-eat low-fat whole grain cereal in a snack baggie.
- Whole grain crackers and light string cheese.
- A couple of small breadsticks and an apple.
- Graham snacks and a piece of fruit.
- Mini-bagel with peanut butter.
- Light yogurt.
- One ounce dry roasted nuts.

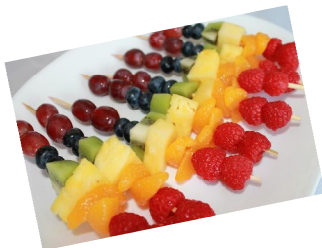
### Home For the Holidays:

During these hectic times, it's best to stock up on snacks you WANT to eat at your house.

- Cut up, chill, and store raw veggies.
- Keep potatoes and sweet potatoes on hand to pop in the microwave.
- A large salad made up the night before works wonders and doesn't break the calories budget.
- An individual portion of a previously made and frozen batch of chili or hearty vegetable soup heats up quick.



### Company's Coming:



- Reduced-fat crackers with hummus or low-fat cheese dip.
- Fruit kebobs (use colored toothpicks) with yogurt dip.
- Colorful veggies with a TANGY dip.
- Baked chips and bean dip.
- Low-fat muffins and quick breads.
- Air popped or low-fat microwave popcorn topped with seasonings or a colored sugar.
- Colorful pasta salad.

### Sweet Plans

For those with a sweet tooth, try some of my "Sweet Dreams" suggestions such as:

- Slices of angel food cake drizzled with strawberry sauce.
- Festive fruit platter.
- Small colorful cookies on a small plate.
- Flavored coffee.



## **DECEMBER IS HERE ... TIME TO TALK COLD AND FLU PREVENTION**



### **THE COMMON COLD**

The common cold is an upper respiratory infection that is caused by several families of viruses. It is one of the most common infectious diseases in humans. The average American has one to three colds per year.

### **THE FLU (INFLUENZA)**

The flu is a respiratory infection (nose, throat and lungs) caused by the influenza virus. The infection is very contagious and typically is spread by air or by direct contact, from one person to another. Most cases occur during epidemics, which peak during the winter months nearly every year. Influenza can lead to pneumonia.

Symptoms	Cold	Flu
Fever	Rare	High (100-102)
Headache	Rare	Prominent
Body Ache	Rare	May Be Severe
Fatigue	Mild	2-3 Weeks
Exhaustion	Never	Prominent
Stuffy Nose	Common	Sometimes
Sneezing	Common	Sometimes
Cough	Mild-Moderate	May Be Severe
Sore Throat	Common	Sometimes

**Medicare provides coverage** of one seasonal flu shot per flu season for all beneficiaries. This may mean a beneficiary may receive more than one seasonal flu shot in a 12-month period. Medicare may provide coverage for more than one seasonal flu shot per flu season if a physician determines, and documents in your medical record, that the additional shot is reasonable and medically necessary.

Medicare Part B (Medical Insurance) covers one flu shot per flu season. For example, if someone gets a flu shot in the flu season of January 2015, they will also be covered if they receive a shot October, November, or December 2015 because that is the start of a new flu season. Medicare Part B covers the flu vaccine. You pay no coinsurance and no Part B deductible in Original Medicare for the vaccine if your health care provider accepts assignment.

### **PNEUMONIA SHOT (VACCINE)**

Pneumococcal disease is an infection caused by bacteria (pneumococcus). The most common types of infections include middle ear infections, pneumonia, sinus infections and other serious health issues. While flu viruses generally strike during the winter months, pneumococcal disease occurs year-round.

Most people only need a pneumococcal pneumonia vaccine in their lifetime. Medicare will cover additional vaccines if your doctor decides it is necessary or if there is uncertainty that a vaccination was ever received.

Medicare Part B covers these vaccines. You pay no coinsurance and no Part B deductible in Original Medicare for the vaccine if your health care provider accepts assignment.



## HALLOWEEN FUN AT COXSACKIE



### THE MUMMY WRAP



## **COXSACKIE SENIOR NUTRITION SITE**

**THURSDAY DECEMBER 17  
10 A.M.**

**Entertainment by  
Coxsackie Elementary School  
Grade 4**

## WINTER WORD SCRAMBLE

1. omsnwan

2. iterwn aewldonnrd

3. tho aooclhtec

4. imntes

5. iddgesln

6. facsr

7. alswwkone

8. eic ikatsign

9. bedcreme

10. osrft

11. lceiic

12. podrhul

13. anast sluca

14. eneeridr

15. thewi mirscstah

Answers on Page 14



# Volunteers: The Essential Puzzle Piece of our Program



The Greene County Department of Human Services RSVP would like to welcome and say thank you to the following new volunteers:

*Panagiota Dandalis*

*Kurt Devlin*

*John Gantzer*

*Fred Pickett*

As always,  
we thank all our volunteers for what they do.

## \$500 FUEL RAFFLE



**Drawing: December 10, 2015**

**\$5.00 Donation per ticket**

Winner will need to provide

Fuel Supplier's Name

& Account Number

**Benefit of Greene County**

**Department of Human Services RSVP**

*Proceeds of this fundraiser will be used  
to help fund RSVP Mileage Reimbursement.*

To obtain tickets:

Contact any RSVP Advisory Council member

Stop into the Department office

Or call Ruth at (518) 719-3555.



**WE DESPERATELY NEED YOU  
TO VOLUNTEER!**

**You can volunteer as little as an hour  
a month or do it every day!**

## DELIVER HOMEBOUND MEALS

The department provides healthy, balanced meals to Greene County residents, age 60 and older, who cannot prepare meals for themselves. Volunteers deliver these meals and check on the senior.

**Current volunteer shortages are on the Mountaintop and in Catskill.**

## HOMEBOUND MEDICAL TRANSPORTATION

Homebound Medical Transportation Service is available through the Department to county residents, age 60 and older, that do not have other options for needed transportation. The program will arrange for a volunteer driver. Rides are arranged to medical appointments and to special entitlement agencies.

**Are you willing to drive seniors to appointments in a neighboring county?**

**We especially could use you.**

**If interested, please contact Ruth Pforte, Volunteer Coordinator (518) 719-3555**

*All mankind is divided into three classes: those that are immovable, those that are movable, and those that move.*

*~ Arabian Proverb*

## **THE VALUE OF VOLUNTEERING:** **TOP REASONS TO VOLUNTEER**

There are as many reasons to serve, as there are people who serve. Volunteering is not just an altruistic act. It's an opportunity to advance in all areas of your life. Here are a few of the things you can gain when you give your time and yourself:

- ☆ Connect with your community.
- ☆ Conserve funds for charities, nonprofit and faith-based and other community organizations by contributing your time.
- ☆ Share your skills and gain new ones.
- ☆ Develop self-esteem and self-confidence.
- ☆ Meet new people from all walks of life.
- ☆ Enhance your resume and make important networking contacts.
- ☆ Promote a worthwhile activity.
- ☆ Feel needed and valued.
- ☆ Experience something new.
- ☆ Serve your country.

At this holiday season why not give yourself a gift by becoming a volunteer in your community? Greene County Department of Human Services has numerous volunteer opportunities available. These positions involve volunteering in our Home Delivered Meal Program, Homebound Medical Transportation Program, Rivertown Thrift Shop and Telephone Reassurance to name a few.

For more information on how you can experience the benefits of volunteering contact Ruth Jones Pforte, Volunteer Coordinator at 518-719-3555.



**Stop by the Rivertown Thrift Shop  
at the Rivertown Senior Center  
39 Second Street, Athens  
Saturday December 12, 2015  
1p.m. - 4 p.m.  
as part of the  
Athens Victorian Stroll**



*Specials will be posted!!!*

## **COLUMBIA-GREENE COMMUNITY COLLEGE RECOGNIZES RSVP VOLUNTEERS**

*(Article compliments of Columbia-Greene Community College)*

Columbia-Greene Community College President James Champion honored RSVP volunteers Rebecca Shields and Robin Smith during his annual awards breakfast. In addition, the honorees were recognized by Congressman Chris Gibson, NYS Sen. George A. Amedore, Jr., NYS Assemblyman Pete Lopez, and Greene County Legislators Charles Martinez and Eugene Hatton.

Rebecca Shields of Catskill attended Catskill Central Schools but did not go to college until the age of 55. In 2001, she graduated from C.G.C.C. with an A.S. degree. She has served as a Senior Companion, a volunteer for Hospice, and as an Ombudsman. She is currently a board member for Catskill Mountain Housing, serves as an election inspector, belongs to the Catskill Elks, is a member of a knitting group and a writing group at the Cairo Public Library, and serves in the soup kitchen at Second Baptist Church, where she is a member. In 2008, she was named Columbia-Greene Hospice Volunteer of the Year and in 2014 was named Greene County's Senior Citizen of the Year. Shields and her husband, Lonnie, have three daughters.

Robin Smith of Catskill is a member of the Citizens to Preserve the Hudson Valley, the Fortnightly Club of Catskill, and the Catskill Garden Club. She helped establish & maintain the kitchen garden at the Thomas Cole National Historic Site and served on its Board of Trustees. Smith was also a member of Board of Directors for Cornell Cooperative Extension of Columbia and Greene Counties for four years, co-chaired the gala at the Columbia-Greene Community Hospice for several years and delivers meals to homebound senior citizens. She also taught school groups at the Five Rivers Environmental Education Center. Smith and her husband, Martin, have two children.



*President Champion with Smith on far left and Shields on far right.*





Your kind support & generosity by donating to the Greene County Department of Human Services will help provide services to Senior Citizens in need.

*In Memory of  
Franzietta Streohl  
from  
Theresa Beringer*



**Do you have Computer access?  
Want to help Greene County save money?**

**Then Go Green(e) with the Round Table News!  
The Round Table News is available electronically!**

By going Green, you would help us save on printing & mailing costs each monthô thus allowing the Department to redirect the money to core services.

Plus, you would receive a FULL-COLOR version of the Round Table News and before those who receive via the postal service.

If interested, send an email with your name & email address to:

[mmurphy@discovergreene.com](mailto:mmurphy@discovergreene.com)  
SUBJECT: RTN email subscription

Of course, if you are unable to receive electronically but would still like to receive the Round Table News, contact our office & we will arrange to have it mailed to your home.

### **ANSWERS TO WORD SCRAMBLE**

- |                             |                            |
|-----------------------------|----------------------------|
| 1. <i>Snowman</i>           | 10. <i>Frost</i>           |
| 2. <i>Winter Wonderland</i> | 11. <i>Ice</i>             |
| 3. <i>Hot Chocolate</i>     | 12. <i>Rudolph</i>         |
| 4. <i>Mittens</i>           | 13. <i>Santa Claus</i>     |
| 5. <i>Sledding</i>          | 14. <i>Reindeer</i>        |
| 6. <i>Scarf</i>             | 15. <i>White Christmas</i> |
| 7. <i>Snowflake</i>         |                            |
| 8. <i>Ice Skating</i>       |                            |
| 9. <i>December</i>          |                            |





the compassion to care, the leadership to conquer®

## SUPPORT GROUP MEETINGS

1st monthly Wednesday  
3:00 p.m.

The Pines  
Jefferson Heights  
Catskill

## MY BEEKEEPING EXPERIENCE

*A Presentation by Richard Muggeo*



Tuesday December 15  
11 a.m.

Town of Coxsackie Senior Center  
Mansion Street, Coxsackie



### **THANK YOU FOR YOUR SUPPORT and GENEROSITY**

As the number of seniors grows, so does the need for our vast array of services. The Department of Human Services encourages and appreciates donations. If you or your family are in a position to do so, please fill out the form below. One hundred percent of your contribution will be used to provide service to another older adult in need.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

I designate a \$ \_\_\_\_\_ donation  
in appreciation for services **OR** In memory of

\_\_\_\_\_ for the following:

- \_\_\_\_\_ Use where most needed
- \_\_\_\_\_ Home-delivered meals
- \_\_\_\_\_ Homebound transportation
- \_\_\_\_\_ Nutrition Program/Congregate
- \_\_\_\_\_ Roundtable News
- \_\_\_\_\_ In-home services
- \_\_\_\_\_ Senior Angel Fund

Make checks payable & mail to:  
Greene County Dept. of Human Services  
411 Main Street Catskill, N.Y. 12414



### **WINTER IS JUST AROUND THE CORNER:** **GET YOUR HOME READY**

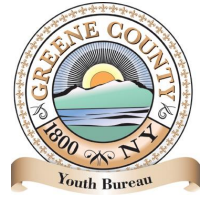
Community Action of Greene County, Inc. would like to invite income eligible homeowners and or landlords in Greene County to apply for the free Weatherization Assistance Program. Energy efficient light bulbs, faucet aerators, weather stripping, caulking, insulation, exhaust fans, smoke detectors, CO detectors, and furnace repair or replacement are just some examples of what Community Action of Greene County may be able to do for your home.

Interested residents can learn what they can do to save energy costs.

**For additional information call 518-943-9205.**



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411 Main Street, Catskill, NY 12414  
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Nutrition - Tezera Pulice

Volunteer Services - Ruth Pforte

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Dave Mokszycki

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The office is open 8:30 a.m.- 5:00 p.m. Monday thru Friday, **with the exception of July & August (close at 4:30 p.m.)**. Agency staff specialize in a variety of subjects. **While walk-ins can sometimes be seen, staff who can best assist you may be unavailable. We recommend you call ahead for an appointment.**

6772  
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